

STATE OF CALIFORNIA
DEPARTMENT OF PUBLIC HEALTH
WALTER M. DICKIE, M.D., DIRECTOR



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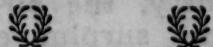
GUY P. JONES
EDITOR

**Mental Hygiene
Congress Announced**

The First International Congress of Mental Hygiene will be held in the spring of 1930 at Washington, D. C., according to the announcement of the organizing committee of the International Committee for Mental Hygiene.

The society for mental hygiene, recently organized in the state of Washington, has planned its program mainly with the idea of preventing the development of mental abnormalities through correct training and habit formation in early childhood.

Northern New Jersey is attacking the problems of mental hygiene through the development of mental clinics with Greystone Park Hospital, which serves a group of seven thickly populated counties in that section, as a base. Such clinics have already been organized at hospitals in Elizabeth, Franklin, Hackensack, Jersey City, Morris Plains, Morristown, and Paterson, and at the community center in Newton. A psychiatrist has been appointed to devote his full time to the work. The plan calls for the establishment in each center of prenatal and preschool clinics, a school clinic, and clinics in general hospitals to meet the needs of patients and the community.

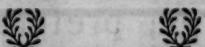


He who has health is rich and does not know it.—Italian Proverb.

**Eight Lepers
Are Released.**

The Public Health Service has recently authorized the probational release of eight lepers from the National Leprosarium at Carville, La., as no longer a menace to the public health. These eight lepers have been under treatment at the National Leper Home for varying lengths of time, ranging from two years to seven years. It is of interest to know that leprosy, the dread disease of the centuries, is beginning to be conquered by improved modern scientific medical treatment.

The National Leprosarium at Carville, La., has been operated by the U. S. Public Health Service for a little more than seven years. During that time 37 lepers have been released or paroled as being no longer dangerous to the public health. Only one of these lepers has suffered a relapse and has had to resume treatment. More than 300 lepers are now under treatment at this institution.



Make no little plans—they have no magic to stir men's blood, and probably themselves will not be realized. Make big plans. Aim high in hope and work, remembering that a noble, logical diagram, once recorded, will never die, but long after we are gone, will be a living thing, asserting itself with ever-growing consistency. Remember that our sons and grandsons are going to do things that would stagger us.—Daniel H. Burnham.

INFANT CARE LETTER No. VI

Sixth Month

My Dear Mrs.

This month you will begin definite additions to the baby's diet. So far he has had only breast milk or bottle, orange juice and cod liver oil. From now on he will have regular additions of new foods each month. Begin by giving cream of wheat or farina with one of the regular feedings. All cereals must be well cooked for at least half an hour over an open flame. Give 1 teaspoonful the first time and increase gradually to 2 or 3 tablespoonsful. After two or three weeks use rolled oats, beginning again with 1 teaspoonful and later other cereals as listed in the diet bulletin we enclose.

If you have had baby on a feeding schedule of 3 hours up to this time, he should now be changed to 4 hours and not over 5 feedings daily. He will probably not gain quite as rapidly the second six months but should continue a steady and regular increase in weight.

At six months your baby should be able to hold his head erect, and to sit up with slight support. He should show interest in persons and objects about him, and should reach for objects and grasp them quite easily. He will probably hitch along or roll over when left lying flat, and play with small bright toys. He should have at least doubled his birth weight by six months.

He should now be given plenty of opportunity to develop his muscles and his senses. It is important then to consider toys, for they are very important in teaching him to use his muscles. Do not put him in a jumper swing or walker, since these hold him in one position too long. Make or buy a play pen in which he may roll about, creep and later pull himself up and stand. In this he is safe and clean and may get plenty of exercise. It may be a large shallow box (18-20 inches deep) or may be made to fold so it is easily carried. It is not wise to put baby down to creep over the floor on which people are walking. In the summer a screened porch which is freshly scrubbed may be used as a play pen.

Toys should be simple, light weight and not too large, preferably unpainted. They should be frequently scrubbed or boiled and should be unbreakable. Avoid those having buttons, bells, etc., which can be pulled off and swallowed. Hair and fuzz which come off easily are dangerous. A heavy celluloid ring, a tablespoon, a small pan, a string of spools, a piece of soft firm cloth to rumple—all are

much enjoyed and are far better than elaborate and expensive toys.

Very sincerely yours,

ELLEN S. STADTMULLER, M.D., Chief.

Nurses' Bureau
Goes to Sacramento

The Bureau of Registration of Nurses of the California State Department of Public Health which has been located in the State Building, San Francisco, for several years, on November 15th moved back to Sacramento and is now located at 405 Capitol Office Building. All communications for the bureau should be addressed to P. O. Box 1159, Sacramento. The return of the bureau to Sacramento is in the interest of efficiency and is in line with the plan of reorganization of state departments.

Applications for
Sewage Disposal Pending.

The following applications for sewage disposal permits are pending before the State Board of Public Health, final action to be taken at the next meeting of the Board, to be held in Room 334, State Building, San Francisco, December 1, 1928:

TRUCKEE, TRUCKEE SANITARY DISTRICT—To construct an Imhoff tank with disposal of effluent, after meandering 2000 feet, into Truckee River.

SANTA FE LAND IMPROVEMENT COMPANY—To construct a sprinkling filter plant for Santa Fe Ranch, in San Diego County, with disposal on the sand beds of San Dieguito River.

Man has a deeply-rooted admiration for physical fitness and prowess, going back, no doubt, to prehistoric times when these qualities were of obvious survival value. Before large societies had arisen, with their kindly yet often baleful power of extending their protective shield over under-par individuals, who would otherwise have been speedily wiped out in the struggle for existence, there was necessarily a premium on health, and rewards of leadership and the like went to those who excelled in vigour and initiative. The ancient admiration for these qualities is still happily strong in our midst, though it often unfortunately exhausts itself in passive applause without any active sharing * * *.

Bodily health brings its own reward—the thrill of vigour, the light step, the enjoyment of endurance, the readiness for adventure; but it also brings the higher happiness for a clear head, with an appetite for good intellectual fare; it means some capacity for enjoying the good things of life—the sunshine, the open air, the country, the birds and flowers; it also means some surplus energy to spare for one's friends.—Professor J. Arthur Thomson in "Towards Health."

Examination for Technicians.

The next examination for laboratory technicians is scheduled for December 19th in Berkeley and December 21st in Los Angeles. All persons desiring to take these examinations should apply immediately to the State Board of Health, if they have not already done so, for the form on which to make application. These application forms must be in the hands of Dr. W. H. Kellogg, State Bacteriological laboratory, Berkeley by December 15th.

For the benefit of those who are not familiar with the certification of technicians by the State Department of Public Health, we wish to explain that the state law requires that all official diagnostic laboratories must be approved by the State Board of Health and one of the conditions for such approval is the possession of certificates of proficiency by all persons employed in such laboratories. Technicians in private laboratories are not required to qualify for this certificate unless the laboratory desires to contract with a city or county health department for its official bacteriological service.

The subjects of the examination and the relative weights of the subjects on a scale of 100, are:

General knowledge of subject	50
Relative capacity	16 $\frac{2}{3}$
Experience	33 $\frac{1}{3}$

The item "General knowledge of subject" will cover questions relating to knowledge of principles and practice of bacteriology or serology, as the case may be (two separate certificates are issued), particularly as applied in a public health laboratory.

The subject "Relative capacity" will include personality and general education, and will be based on a personal interview and the evidence presented by the paper.

The subject "Experience" will be rated according to the length of time spent in different types of laboratories and the character of college courses and degrees that may have been obtained. The method of evaluating experience will be furnished on request.

Holders of Junior Grade Certificates may present themselves at any regular examination and try for the Senior Certificate which is required for those holding supervisorial positions.

LIST OF DISEASES REPORTABLE BY LAW.

ANTHRAX	OPHTHALMIA NEONATORUM
BERI-BERI	PARATYPHOID FEVER
BOTULISM	PELLAGRA
CEREBROSPINAL MENINGITIS (Epidemic)	PLAQUE
CHICKENPOX	PNEUMONIA (Lobar)
CHOLERA, ASIATIC	POLIOMYELITIS
COCCIDOIDAL GRANULOMA	RABIES (Animal)
DENGUE	RABIES (Human)
DIPHTHERIA	ROCKY MOUNTAIN SPOTTED (or Tick) FEVER
DYSENTERY (Amoebic)	SCARLET FEVER
DYSENTERY (Bacillary)	SMALLPOX
ENCEPHALITIS (Epidemic)	SYPHILIS*
ERYSIPelas	TETANUS
FLUKES	TRACHOMA
FOOD POISONING	TUBERCULOSIS
GERMAN MEASLES	TULAREMIA
GLANDERS	TYPHOID FEVER
GONOCOCCUS INFECTION*	TYPHUS FEVER
HOOKWORM	UNDULANT (Malta) FEVER
INFLUENZA	WHOOPING COUGH
JAUNDICE, INFECTIOUS	YELLOW FEVER
LEPROSY	
MALARIA	
MEASLES	
MUMPS	

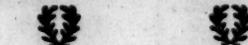
QUARANTINABLE DISEASES.

CEREBROSPINAL MENINGITIS (Epidemic)	POLIOMYELITIS
CHOLERA, ASIATIC	SCARLET FEVER
DIPHTHERIA	SMALLPOX
ENCEPHALITIS (Epidemic)	TYPHOID FEVER
LEPROSY	TYPHUS FEVER
PLAQUE	YELLOW FEVER

* Reported by office number. Name and address not required.



"Teachers, subjects, school companions, rules, regulations, examinations and disciplines are far more important than most other elements in school hygiene. The school world has its currents and eddies, its deserts and shifting sands, its jungles and arid plains, over and through which children must swim, crawl and struggle to reach some goal that is said to be desirable. The slow and the quick, the dull and the bright, the stupid and the brilliant, the defective and the genius, along with the crippled, the mute, the blind, the deaf, the diseased, the neurotic and the prepsychotic are seeking their levels in school, in education and in social relationships. Children are born neither free nor equal and the schools make the truth too apparent, but often at great sacrifice of children."—Dr. Ira S. Wile.



MORBIDITY *

Diphtheria.

106 cases of diphtheria have been reported, as follows: Alameda 1, Berkeley 1, Oakland 9, Pittsburg 9, Fresno County 2, Reedley 1, Kern County 1, Los Angeles County 14, Alhambra 1, Glendale 3, Huntington Park 1, Long Beach 1, Los Angeles 16, Pasadena 4, Santa Monica 1, Whittier 7, Torrance 1, Monterey Park 1, Willits 1, Merced 1, Salinas 1, Napa 1, Santa Ana 4, Riverside County 1, Sacramento 3, Colton 1, San Diego 3, San Francisco 4, Menlo Park 2, Santa Clara County 3, Gilroy 1, San Jose 2, Sunnyvale 2, Modesto 1, Exeter 1.

Measles.

16 cases of measles have been reported, as follows: Glendale 1, Los Angeles 1, Monte-

* From reports received on November 12, 13 and 14 for week ending November 10.

bello 1, South Gate 1, Napa 1, Redlands 1, San Francisco 2, Redwood City 1, Lompoc 1, Santa Clara County 6.

Scarlet Fever.

198 cases of scarlet fever have been reported, as follows: Alameda County 1, Alameda 1, Albany 1, Berkeley 6, Oakland 7, San Leandro 2, Hercules 1, Fresno 5, Kern County 2, Los Angeles County 12, Glendale 1, Long Beach 3, Los Angeles 20, Pasadena 1, San Fernando 7, San Gabriel 1, Whittier 1, Torrance 1, Hawthorne 1, Madera County 16, Willits 1, Salinas 1, Napa County 1, Auburn 1, Riverside County 1, Riverside 6, Sacramento 23, San Diego 10, San Francisco 11, San Joaquin County 7, Lodi 8, Stockton 16, Redwood City 1, Santa Clara County 1, San Jose 2, Sonoma County 8, Stanislaus County 3, Modesto 2, Tulare County 1, Visalia 1, Santa Paula 1, Marysville 2.

Smallpox.

30 cases of smallpox have been reported, as follows: Oakland 11, Merced 1, King City 1, San Francisco 1, Sunnyvale 1, Tulare County 3, Exeter 1, Visalia 11.

Typhoid Fever.

6 cases of typhoid fever have been reported, as follows: Inglewood 1, Los Angeles 1, Madera County 1, Sonoma County 1, California 2.

Whooping Cough.

147 cases of whooping cough have been reported, as follows: Alameda 1, Albany 1, Berkeley 2, Oakland 8, Piedmont 5, Los Angeles County 11, Alhambra 1, Azusa 4, Glendale 1, Huntington Park 1, Long Beach 1, Los Angeles 57, Pasadena 2, San Gabriel 1, Santa Monica 4, Monterey County 7, Orange County 5, Anaheim 1, Fullerton 2, Sacramento 6, San Diego County 4, San Diego 5, San Francisco 11, Lodi 2, Palo Alto 1, San Jose 3.

Meningitis (Epidemic).

San Leandro reported one case of epidemic meningitis.

Poliomyelitis.

2 cases of poliomyelitis have been reported, as follows: Los Angeles County 1, Pacific Grove 1.

COMMUNICABLE DISEASE REPORTS

Disease	1928			1927			Reports for week ending Nov. 12 received by Nov. 15	
	Week ending			Week ending				
	Oct. 20	Oct. 27	Nov. 3	Oct. 22	Oct. 29	Nov. 5		
Anthrax	0	1	0	0	0	0	0	
Botulism	0	0	0	0	0	0	0	
Chickenpox	169	154	203	187	252	199	231	
Diphtheria	90	105	104	106	151	119	129	
Dysentery (Bacillary)	1	3	1	0	10	2	0	
Encephalitis (Epidemic)	5	0	1	0	0	5	1	
Food Poisoning	13	3	0	0	2	4	0	
German Measles	10	15	10	12	21	60	49	
Gonococcus Infection	90	121	104	140	119	116	127	
Influenza	171	1557	246	2596	15	18	18	
Jaundice (Epidemic)	0	0	0	0	3	0	0	
Leprosy	0	0	0	0	1	0	0	
Malaria	1	5	3	0	2	0	2	
Measles	27	15	15	16	41	57	53	
Meningitis (Epidemic)	0	5	4	1	6	5	6	
Mumps	200	154	214	193	62	59	71	
Paratyphoid Fever	1	1	0	1	0	1	0	
Pneumonia (Lobar)	34	60	50	68	45	66	33	
Poliomyelitis	1	7	6	2	36	46	34	
Rabies (Animal)	12	14	9	13	4	3	4	
Rocky Mt. Spotted Fever	0	0	0	0	0	0	0	
Scarlet Fever	140	184	190	198	137	134	147	
Smallpox	27	17	6	30	11	3	7	
Syphilis	121	229	130	206	96	127	136	
Tetanus	0	1	2	1	1	0	1	
Trachoma	5	3	7	2	7	6	206	
Trichinosis	0	0	0	0	0	0	0	
Tuberculosis	208	264	218	139	228	187	201	
Tularemia	0	0	0	0	0	0	0	
Typhoid Fever	15	15	11	6	16	11	11	
Typhus Fever	0	0	0	0	0	0	0	
Undulant Fever	0	0	0	0	0	0	0	
Whooping Cough	169	170	202	147	93	110	80	
Totals	1510	3102	3946	4064	1293	1302	1517	
							1306	

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